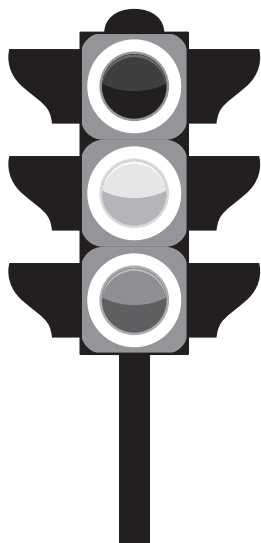


# Traffic Lights

Use the traffic light method to sort out your anger problem.



## **Stop and Think!**

What is my problem?

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How do I feel?

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## **Wait and Plan!**

What can I do?

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What would help me?

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## **Go**

This is my `best` plan:

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This is what I'll do:

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